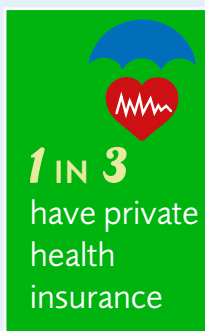
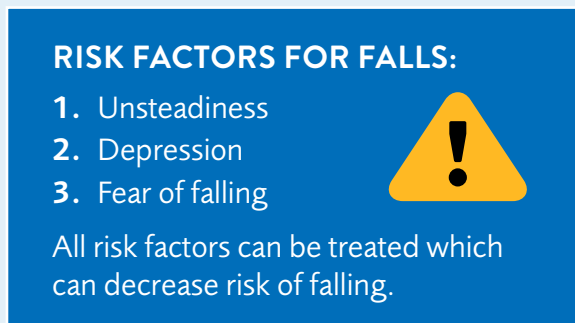
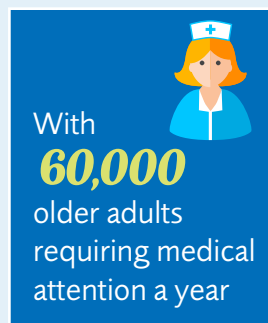
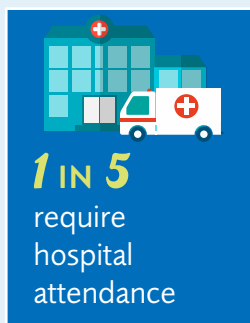


# OLDER ADULTS CAN DO MORE TO IMPROVE THEIR PHYSICAL AND MENTAL HEALTH

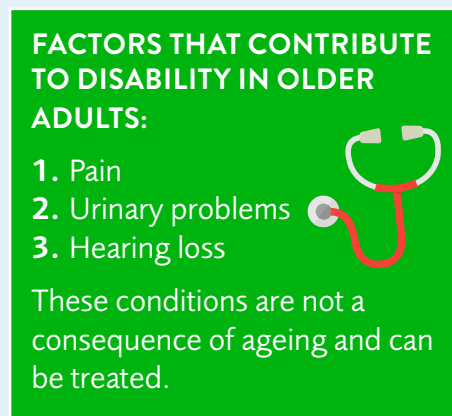
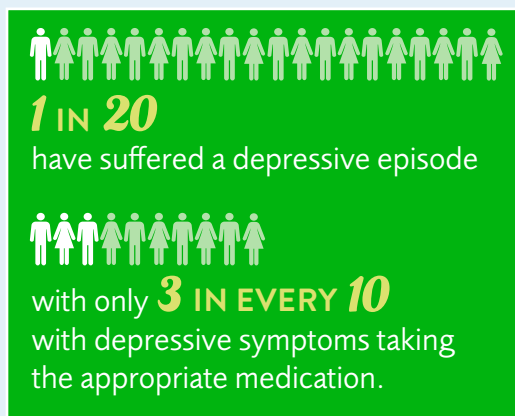
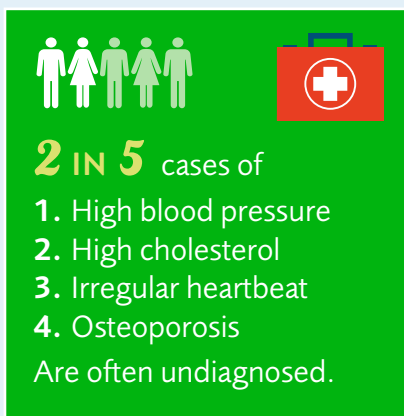
## LOOKING AFTER YOUR HEALTH



## FALLS ARE COMMON



## UNTREATED “TREATABLE” CONDITIONS



Talk to your GP if you have any concerns about your physical or mental health

For more information  
please visit [www.tilda.tcd.ie](http://www.tilda.tcd.ie)

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